



TLA'AMIN COMMUNITY RECREATION

SUMMER PROGRAM GUIDE

JULY - AUGUST, 2024



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Address, Phone Number, & Email,
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MEET THE RECREATION TEAM



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REGISTRATION PROCESS

Tla'amin Citizen Registration Begins: June 4, 2024 (EXCLUDING Summer Day Camps)
ONLY TLA'AMIN CITIZENS CAN REGISTER UP TO 72 HR. (3 DAYS) BEFORE THE START OF THE PROGRAM.

Tla'amin Nation leaseholders can express interest in a program & will be added to a waitlist. Leaseholders will be registered into a program after the Tla'amin Citizen ONLY registration period has ended & space is available.

Some programs offered each season will ask you to pre-register due to limited spots & equipment. Please follow the steps below to register:

STEP 1:

DROP BY ʔayıštən ʔaye | Cousin's House in person and speak to Recreation Assistant, Jimmy Harry. **OR**

CALL ʔayıštən ʔaye | Cousin's House at 1-877-505-5139. **OR**

EMAIL rec@tn-bc.ca with the program name, participant name, contact info and which session you are interested in.

STEP 2:

Once registered, you will receive an email confirmation with paperwork to be completed. Complete paperwork & email back to rec@tn-bc.ca. If you are registering for multiple programs, paperwork can be used for all programs (excluding School's Out & Youth Nights), but please be sure that you have completed the above step for all interested programs and that program names are listed on your paperwork.

Step 3:

Enjoy the program!

CAMP PROGRAMS

SUMMER DAY CAMP

ČIČUY

AGES: 6 -12 YEARS

Mon - Fri. 8:30 am - 4:30 pm

SUMMER CAMP
Registration OPENS:
June 17 for Week #1-2
July 2 for Week #3-4
July 15 for Week #5-6
July 29 for Week #7

We are excited to offer an action-packed summer day camp program for Tla'amin čuy between ages 6 - 12 years. This program will be filled with opportunities to connect, play and learn.

Pre-registration is required for each week of day camp.

As space is limited and to ensure fair registration for all, we will only be taking registrations for 2-weeks at a time. Please see registrations dates above.

Week 1 JULY 8 - 12: Welcome to Survivor (Communication)

Campers embark on a serene journey of skill development, where patience and working together as a team is the key to unlocking new talents and abilities.

Week 2 JULY 15 - 18: Wilderness Adventure – OLC (Spirituality)

Embark on a journey of self-discovery and spiritual exploration, with activities that encourage campers to connect with nature, themselves, and their higher purpose.

Week 3 JULY 22 - 26: Sports Olympics (Fairness)

Campers will engage in a variety of Olympic-style events and challenges that promote inclusivity, respect, teamwork and equal opportunity of fun for all.

***Note: 4-day week: Mon - Thu with Thu. running from 8:30 am - 9:00 pm**

Week 4 JULY 29 - AUGUST 2: Culture Week (Culture)

A week engaging in the Tla'amin Traditions (games, songs, crafts, drumming and more) as well as storytelling sessions.

Week 5 AUGUST 6 - 9: Talentapalooza (Sharing)

Introducing Talentapalooza! Campers learn that by sharing their talents, ideas, and resources, they can create a supportive environment where everyone can thrive and succeed. ***Note: 4-day week Tue. - Fri., due to stat holiday on Aug. 5th.**

Week 6 AUGUST 12 - 16: Chef's Kitchen Creations (Integrity)

Welcome to Chef's Kitchen Creations, where a week of culinary adventures awaits! Throughout this immersive week experience, campers will embark on a journey of creativity, teamwork, and discipline in the world of baking and cooking.

Week 7 AUGUST 19 - 23: Tidepool Treks (Accountability)

Campers unplug from technology and commit to supporting each other's learning as they engage in a wide range of beach-themed activities. These activities include constructing sandcastles, exploring intertidal ecosystems, swimming, and playing beach volleyball. With such a diverse array of options, there's something to captivate everyone's interest.



A weekly camp schedule will be provided closer to the start of camp. Please be sure to pack a bathing suit, towel, running shoes & water bottle each day. Breakfast, Lunch & Snacks provided daily.

CAMP PROGRAMS



VILLA SOCCER DEVELOPMENT CAMP

AGES: 10 - 18 YEARS



This 10-hour camp is designed for players dedicated to improving their skills for competitive soccer. Led by Villa Coaches and Players, the program emphasizes a safe, fun, and inclusive environment while focusing on soccer-specific skills such as ball mastery, small-sided games, shooting, finishing, and more.

Pre-registration is required for this program.

Mon. - Thu. Jul. 29 - Aug. 1 5:30 - 7:30 pm

Location: Tišosəm Sports Field

TLA'AMIN 3RD ANNUAL COMMUNITY CAMP

AGES 3+

JULY 13TH 10 AM - 3PM WATERFRONT FIELDS

- Soccer skills, drills and games!
- All participants will receive a jersey and ball!
- Prize draws and snacks!

IN PARTNERSHIP WITH

Please contact Sabrina for any questions: sabrina@hopeandhealth.org

HOCKEY SKILLS DEVELOPMENT CAMP

AGES: 6 - 18 YEARS

Hockey camps offer an excellent chance for athletes to enhance their skills and gear up for the upcoming season, all while having a blast! Our 5-day camp features 1 to 1.5 hours of on-ice instruction daily, covering power skating, puck control, shooting, positional and team play, small area games, and more.

Players will receive Tla'amin Summer Hockey Camp jersey.

Mon. - Fri. Aug. 12 - 16

Juniors (Ages 6 - 11 yrs.) Ice time: 12:45 pm - 1:45 pm

Seniors (Ages 12 - 18 yrs.) Ice Time: 2:00 - 3:30 pm

Location: Complex



Photo credit: Mandy Brown

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SPORTS PROGRAMS

LITTLE KICKS SOCCER



AGES: 4-6 YEARS

This little kicks program will introduce your little one to soccer through fun games for skill development.

Pre-registration is required for this program.

Tue. Jul. 9 - 30 6:00 pm- 6:45 pm

Location: Tišosəm Sports Field

SWIM LESSONS



AGES: 7-13 YEARS

The ability to swim is a life skill that every čuy should learn. This season we are offering swimming lesson within the community in the ocean in front of tišosəm.

Pre-registration is required for this program.

Swim to Survive:

Mon - Fri. Aug. 19-23 5:30 pm - 6:00 pm

Location: Waterfront Park Gazebo

MTN. BIKE WORKSHOP



AGES: 7 - 13 YEARS

In partnership with Mahony Bike Co., come learn skills & techniques for mtn. biking. Helmet is mandatory. Mtn. Bike ONLY. If you require a Mtn. Bike to borrow please let us know upon registration. Transportation to location will be provided for participants & bikes.

Pre-registration is required for this program.

Fri. Jul. 19 10:00 am - 3:00 pm

Location: Sunset Park

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PADDLE ENDURANCE TRAINING



AGES: 12 YEARS & OLDER

Open to those participating in the Tribal Canoe Journey this year and want to build up paddling endurance and learn energy saving tips.

Pre-registration is required for this program.

Thu. Jun. 27 - Jul. 18

6:30 pm - 8:00 pm

Location: Waterfront Park Gazebo

COMMUNITY VOLLEYBALL



ALL AGES

Drop on by the Salish Centre on Thursdays for some volleyball action!

Thu. Jul. 4 - Aug. 29

6:30 pm - 8:30 pm

Location: Salish Centre

RUN CLUB



AGES: 16 YEARS & OLDER

Running on your own is wonderful, but running with a group is incredible. You benefit from socialization, build friendships, and a strong sense of community, all while engaging in an exercise that improves both your mental and physical health!

Tue. Jul. 9 - Aug. 27

6:00 pm- 7:00 pm

Location: Meet at Tišosəm Track

FITNESS PROGRAMS

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SPIN, SCULPT & CORE

AGES: 16 YEARS & OLDER

A full body class beginning with cardio on the bike, followed by conditioning and core exercises and a relaxing stretch at the end.

Pre-registration is required for this program.

Wed. Jul. 3 - 31 4:45 pm - 5:45 pm

Location: Salish Centre

Summer FUNctional Training

AGES: 16 YEARS & OLDER

A FUN full-body workout in the great outdoors! Engage in body-weight exercises, sports drills, and conditioning intervals to build lean muscle and functional strength, all while enhancing your core stability and cardiovascular endurance.

Mon. Jul. 8 - 29 4:45 pm - 5:30 pm

Location: Tišosəm Sports Field



WEIGHT ROOM MEMBERSHIPS

Weight Room memberships for the Salish Centre Weight Room are available for all Tla'amin Citizens FREE of charge. Membership forms can be picked up at Government House front desk or ʔayłstən ʔaye | Cousin's House. A fob for the weight room will be issued once the paperwork is returned and approved.

GENERAL PROGRAMS

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SUMMER YOUTH NIGHTS DROP-IN & YOUTH COUNCIL

AGES: 13-18 YEARS

Join Youth Nights weekly for a youth led recreation and leadership program at ʔayłštən ʔaye (Cousins House). Youth Nights are for Indigenous youth aged 13 to 18 living in the qathet region and we welcome you to bring your friends. Youth Nights host culturally safe space for youth to explore Tla'amin Lands, arts and crafts, films, physical activities including sports, nutrition (cooking and baking), healthy relationships and coping skills. There are also opportunities to get involved in community events, out trips and Youth Council.

Jul. 8 - Aug. 23

Thu. 5:00 pm-9:00 pm

Fri. 1:00 pm - 9:00 pm

Location: ʔayłštən ʔaye | Cousin's House

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PLANT WALKS



ALL AGES

Join us for a highly interesting series on traditional plants and learn about the medicinal & health benefits they provide.

Pre-registration is required for this program.

Sat. Jun. 29 9:00 am - 12:00 pm

Location: Head of Okeover, Transport from Cousins House available

Sat. Jul. 20 9:00 am - 11:00 am

Location: Branch 10 & Wilde Rd. Transport from Cousin's House available

Sat. Aug. 24 10:00 am - 11:30 am

Location: Boom. Meet at the lower bridge.

JULY - AUGUST, 2024

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ČLČYƎ STITCH & STORY CIRCLE



AGES: ELDERS

Bring your craft projects and join us for an afternoon of creativity, conversation, and refreshments. We will provide an air-conditioned space along with coffee, tea, and biscuits. Bring your crafts and stories to share!

Wed. Jul. 10 - Aug. 21 1:30 pm - 3:00 pm

Location: ʔayłštən ʔaye | Cousin's House

GENERAL PROGRAMS

TLA'AMIN TRY-IT TRIATHLON

10 YEARS & OLDER

Sat. Aug. 17

9:30 am - 1:00 pm

Start Location: Waterfront Park

Join us for our Tri-It Triathlon! Swim, Bike and Run your way to the finish line in this fun family event. A great event for first timers. Participate individually or as a Relay Team made up of 2 or 3 members.

Participants will receive an "I survived" t-shirt when they cross the finish line.

All team participants MUST be registered in advance.

Event registration closes July 31 at 4:00 pm

This is a FUN Family event and timing will be captured by volunteers with stopwatches.

Race packages including route maps & racing bibs will be available for pick up between Aug. 6 - 16, 2024.

Post-race stretch and refreshments will be provided.

RACE DISTANCES:

SWIM DISTANCE = 200M

BIKE DISTANCE = 10KM

RUN DISTANCE = 2.5KM

We are looking for volunteers to assist us with traffic control, sweepers, timers, water stations, & refreshments.

Please email rec@tn-bc.ca if you wish to volunteer for this event.

DO YOU HAVE A PROGRAM IDEA?

Recreation is always looking for ways to expand programming for the community!
If you have a program idea, you wish to share email us at
rec@tn-be.ca

PASSIONATE ABOUT YOUR COMMUNITY, RECREATION IS A CAREER FOR YOU!

Recreation is the heart of every community. It's where we go, the things we do, and the services we rely on to keep us active, healthy, and socially connected. The people that make up the sector come from an array of educational backgrounds and fill an even wider array of jobs, all of which are focused on helping and bettering the people and communities they serve.

A career in recreation provides you with:

MEANINGFUL WORK

What you do directly affects the health and well-being of all community members.

UNIQUE WORK ENVIRONMENTS

From the office to the community centre, parks, beaches and everywhere in between – every day is different day.

VARIETY OF OPPORTUNITIES

The sector has an enormous variety of positions, many that offer full, part-time, or casual status.

A FIT FOR ANY DEGREE & EXPERIENCE

With such a variety of occupations, many post-secondary education and work experience has transferable skills that can be applied in the field of recreation.

For more information on how you can get involved in a career in Recreation email
rec@tn-bc.ca





TIŠOSƏM TRACK & SPORTS FIELD

COMMUNITY USE

The new sports field & track are in the final stages of development. Please watch the Tla'amin Community Recreation page for field updates. If you are a sports team looking to book the field for a practice, please email bookings@tn-bc.ca

The Sports Field

- Dogs are not permitted on the field at any time.
- No motorized vehicles permitted on the field.
- Field may close due to inclement weather. This is to protect the field from damage.

The Track

- Bicycles & scooters are not permitted on the track at any time.
- No motorized vehicles permitted on the track.
- The track is open to all community members unless otherwise stated.

LET THERE BE LIGHT

Lights can be turned on during the evening hours. There is a small panel box between the change rooms & mechanical room at the back of ʔaylštən ʔaye | Cousin's House with a green button inside the box. Press the button and the lights will be turned on for a set time of 2 hours.

MINI PITCH LIGHTING

Lighting is available in the evenings for groups using the mini-pitch. Please email rec@tn-bc.ca with the day and time you require lighting.



ʔaylštən ʔaye | Cousin's House

📍 5180 Hwy. 101, Tla'amin, BC., V8A 0B3 📞 1-877-505-5139 ✉️ rec@tn-bc.ca

VISION

A recreation department that strives to honour our ancestors and embraces ʔəms taʔow (our teachings) in all recreation and sport opportunities creating a healthy, vibrant Nation for all.

MISSION

To provide high quality recreation and sport opportunities where Tla'amin citizens are able to enhance their holistic wellbeing while collectively building a strong, thriving community forming ONE HEART, ONE MIND and ONE NATION.

GOALS

Goal #1:

Active Living – Foster active for life principles through sport & recreation physical activity opportunities for all.

Goal #2:

Inclusion and Access – Increase inclusion and access to recreation through identifying & managing barriers for participation, provision of subsidized community programs and opportunities for transportation assistance to out of community recreational programs & services.

Goal #3:

Connecting People with the Land – Embrace ʔəms taʔow (our teachings) and connection to the land through the provision of culturally appropriate recreation programs that explore connections to all ecosystems.

Goal #4:

Supportive Environments – Ensure the provision of supportive physical and social environments in all programming that provides a culturally safe spaces, encourages participation and a sense of belonging in recreation and sport while fostering community cohesion.

Goals #5:

Building Recreation Capacity – Strengthen the foundation of Tla'amin Recreation through policy development, staff training, improved efficiencies, effective budgeting, collaborative partnerships, continued growth & sustainability of programs & services.